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GROWN-UP GRILLED CHEESE

BRING LUNCH TO LIFE WITH AN UPDATED CLASSIC PAGE 16

‘Continuing pattern’ dogs First Nations

Top cop wants more help for aboriginal women PAGE 3

‘There is no ceasefire for anyone’

Clashes reignited in Ukraine after two days PAGE 8

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DOWN GOES BLUE

The Saskatchewan Roughriders’ Ricky Foley, left, and Chad Kilgore take down Winnipeg Blue Bombers quarterback Drew Willy at Investors Group Field Sunday afternoon. There was no joy in Bomber Nation as the Blue and Gold slipped to 6-5 with a 30-24 loss. Story, page 17. TREVOR HAGAN/THE CANADIAN PRESS

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FIVE THINGS YOU NEED TO KNOW TODAY

1
BUCK DOESN'T STOP HERE
Winnipeg has a 10th candidate for mayor. Buck Duchene, a married father of two and point-of-sale clerk, says his platform will have substance rather than flash.

2
MUSEUM CLEANUP
The Manitoba Museum will be closed until Saturday for the first annual Museum Cleaning week, where everything from the ceilings to the carpets will get some spit and polish.

3
14 MORE YEARS OF ROB FORD?
Rob Ford vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll even get another four.

4
BACHELOR SURPRISE
Host Chris Harrison gives the remaining bachelors and bachelorettes a shocking ultimatum on the season finale of Bachelor in Paradise tonight on City.

5
ALLIANCE WITH HAMAS
The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip.

Top cop wants police to do more for First Nations

'Continuing pattern.'
Clunis says the issue of missing and murdered aboriginal women goes far beyond policing and Winnipeg should lead in efforts to solve problems

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg's police board can and should do more to help the plight of the city's aboriginal population, especially young women and girls, Chief Devon Clunis said on Friday.

The issue of missing and murdered indigenous women was discussed at length during Friday's police board meeting, with citizen David Sanders, who is also running for mayor, kicking off the discussion.

"Our community should mourn the loss of every life and spare no effort to prevent violence and exploitation and the murder of any human being," Sanders told the board.

"But when we find a continuing pattern of criminal behaviour involving the frequent victimization of a particular vulnerable group, such as our aboriginal women, we must name such atrocities and we must all work to stop them from happening again and again."

Clunis said the issue of missing and murdered aboriginal women goes far beyond policing, but there are initiatives that both the board and the police force could take.

"I think if any city should take the lead, it should be the City of Winnipeg," said Clunis, adding that under his tenure, the force has worked hard at establishing partnerships with community groups.

"When you look at the urban population of First Nations and Métis in the city of Winnipeg, that's what I meant by that, significant population, so if any city should feel really close to this issue, it should be the City of Winnipeg."

Police Chief Devon Clunis said he mourned for 15-year-old Tina Fontaine, whose body was found in the Red River in August. BERNICE PONTANILLA/METRO

While Sanders expressed support for a national inquiry, Clunis said this was a political matter outside of the scope of his focus of the day-to-day policing.

On the murder of 15-year-old Tina Fontaine, whose body was found in the Red River in August, Clunis said this "should not happen anywhere."

"My reaction probably was the same as any other caring individual — you mourn for that, you do not like to see that happening.... As an individual, I felt that, absolutely," he said, adding that there has been a "long, historic marginalization" of First Nations, Métis and Inuit people in Canada.

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Brian Bowman. Mayoral candidate wants to eliminate property tax

Forget about freezing or raising property taxes, Brian Bowman wants to get rid of them altogether.

"I know as Winnipeggers we are feeling over-property-taxed," the mayoral candidate said on Friday. "I believe property tax is part of an antiquated system that doesn't provide cities with the revenues they need to address the challenges they face."

If elected, Bowman says he will immediately start discussions with municipal and provincial leaders about finding an alternate tax model that allows cities to generate more income as the economy and the population grow.

"Property taxes stifle economic activity," he said. "The focus at city hall should be on how we create new jobs, how we get more people living here, how we get more people spending money."

He stated his preferred replacement would be a municipal sales tax of between three and four per cent.

"But keep in mind, in that model, you've got no property taxes," he noted. "The municipality is going to get a lot bigger bang for the buck and we're going to be able to fix our streets in a more robust way."

However, Bowman cautioned that restructuring the tax system is a long-term project that will require consultation with government, business and citizens.

In the meantime, he committed to holding property tax increases to the rate of inflation, which has been about two per cent in recent years. COLIN FAST/FOR METRO

By the numbers

3-4%

Brian Bowman says he would like to replace property tax in Winnipeg with a municipal sales tax of between three and four per cent.

Mayoral candidate Mike Vogiatzakis said too much snow is being left to become snowbanks, windrows and ruts.
BERNICE PONTANILLA/METRO

At 15 cm, snow will go, Vogiatzakis says

'It's a safety hazard.'

Candidate says his snow removal plan is modelled after Montreal's

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Snow should not be left to pile up on Winnipeg sidewalks and boulevards, mayoral candidate Mike Vogiatzakis said Friday.

Vogiatzakis detailed his snow removal plan, which he said is based on consultations with private contractors working in the field.

His plan would see a six-inch (15-centimetre) removal policy, meaning that each snowfall reaching that amount would be immediately removed from priority one streets.

"Graders will clear the streets as loaders and bobcats clear the sidewalks and boulevards onto the first available lane; at this point, a snow blower will blow the snow into trailers that are awaiting and haul it away," he said, adding that he'd also send the plows out if the snowfall hits four inches.

"It's a safety hazard, we need to put the public first."

Vogiatzakis believes his plan, modelled after Montreal's, would cost the city less, though he didn't supply specific numbers.

"The snow will be removed every six inches, every 15 centimetres; that's my proposal for Winnipeg."

The City of Winnipeg budgeted $32 million towards snow removal in 2014.

Quoted

"The snow will be removed every six inches, every 15 centimetres; that's my proposal for Winnipeg."
Mayoral candidate Mike Vogiatzakis

More transit talk

Ouellette would cancel BRT, build LRT

Another day on the mayoral campaign trail, and another transit announcement.

Robert Falcon Ouellette weighed in on the topic of the week on Friday, saying he doesn't think bus rapid transit is the right choice for Winnipeg, and that it's "more about pouring concrete than moving people.

"But it's not enough to say you're going to cancel BRT without replacing it with something," he added. "We need a modern transit system that works for everyone."

Ouellette said he wants to reorganize the existing transit system using ridership data and computer modelling to create what he calls a "metro bus service" that would increase bus frequency to every five to 12 minutes where they're most in demand.

He says a similar system has been implemented successfully in Quebec City, where he has lived previously.

"It may not be glamourous, but it is low-cost, it is effective, and it works," he said.

Ouellette also wants to work with CN and CP to remove rail traffic from the city, suggesting this could be more affordable than the cost of building future overpasses or replacing the Arlington Bridge (which is estimated at $100 million-plus).

Once the trains are gone from the city, he proposes building light rail transit along existing rights-of-way.
COLIN FAST/FOR METRO

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P3s for infrastructure: Havixbeck

Mayoral candidate Paula Havixbeck is looking to P3s as a way to fund local infrastructure projects.

The Charleswood-Tuxedo councillor said P3s, which stands for public-private partnerships, could be an option when it comes to the local improvements process.

"I'm proposing neighbourhood by neighbourhood, on a massive, larger scale," said Havixbeck while standing along a construction-heavy Sherbrook Street.

"My point is that we're doing work on a street two maybe three years in a row, depending on how cold it gets and how quickly, and then we might do more work down the road.... We're continually disrupting what's going on and people complain about (it)."

Havixbeck proposes that her plan be implemented over 20 years to address the infrastructure woes left by "deferred maintenance."

She also clarified that the P3 would be an option, not the default by which projects would get done, since city officials in the recent past have chosen to abandon P3s as a way to fund certain projects.

The local improvements process requires 60 per cent of property owners to be in favour of sharing the costs of the improvement.
BERNICE PONTANILLA/METRO

Follow Bernice Pontanilla on Twitter @MetroBee

Coun. Paula Havixbeck said public-private partnerships could aid the city's local improvements process when it comes to infrastructure.
BERNICE PONTANILLA/METRO

Action. Arab League calls for support against ISIS

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

Elaraby himself noted that the Arab League's 22 members have failed to help each other in the past when facing local armed groups, often because of disagreement among each other over what to do or using the pretext of non-interference to avoid accusation of meddling in each other's affairs. THE ASSOCIATED PRESS

Captive soldiers

Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday.

Militants in Syria, including the ISIS group, are holding around 20 soldiers and police. THE ASSOCIATED PRESS

Floodwaters and landslides devastate Kashmiri villages

Incessant rains. Worst flooding in more than five decades

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday.
DAR YASIN/THE ASSOCIATED PRESS

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

Yemen troops move to break up Shiite rebel sit-in

Yemeni security forces moved to break up a sit-in held by Shiite rebels blocking the capital's airport road on Sunday, using water cannons, bulldozers and tear gas, security officials and witnesses said.

The rebels had earlier escalated their weeks-long anti-government protests by moving to the road leading to the strategic airport, setting up tents near the Communications Ministry and blocking traffic into Sanaa from the south and west.

Security officials said protesters pelted the troops with rocks. One eyewitness said protesters commandeered a bulldozer, a water cannon truck and an armoured vehicle from security forces.

The witness said one protester snatched a machine-gun from one of the soldiers on an armoured vehicle near the Interior Ministry, also on the airport road.

Other sit-ins remain in place around the capital near several government ministries.

The officials spoke on condition of anonymity because they are not authorized to speak to the media.

The Shiite rebels, known as Hawthis, have been camping out for nearly three weeks in Sanaa, demanding the government resign and reinstate fuel subsidies.

But when Yemeni President Abed Rabbo Mansour Hadi dismissed his cabinet on Tuesday and promised to appoint a new premier within a week in a move to offer concessions, the rebels only escalated protests.

Fuel prices nearly doubled after the subsidy cuts, but the reaction on the street was limited when it was announced in July. Opponents say the Hawthis are using the issue as a cover and really just want to seize power. THE ASSOCIATED PRESS

Hawthis

The Shiite rebels, known as Hawthis, have been camping out for nearly three weeks in Sanaa, demanding the government resign and reinstate fuel subsidies.

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Outrage at Carleton over crude T-shirts

Coarse controversy. Students say shirts meant to protest anti-swearing policy

JOE LOFARO
Metro in Ottawa

A photo of two men wearing black, sleeveless shirts with the words "f–k safe space" near Carleton University in Ottawa has sparked online denunciations and charges of "rape culture."

But some people say the shirts are actually a protest against a "safe space" policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At the time of publication, it had been re-tweeted by more than 100 people.

Two men wear the controversial T-shirts on Sunday.
COURTESY LESLIE ROBERTSON VIA TWITTER

In a followup tweet, Robertson said "there were many people, including women, wearing these shirts."

The university issued a statement Sunday evening saying it was investigating the incident.

In an interview, Robertson told Metro she saw several people wearing the shirts while walking to a farmers' market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

"If I'm living in a place where people feel it's completely appropriate to have those outward messages, like, on their T-shirts, then, you know, we're not living in a safe place," said Robertson.

"I don't really know (what) the intentions of the shirts are, but it's a reminder that there are people walking around in the same places as I'm in who don't care to respect other women or whoever it is that it was intended to."

A lack-to-school dilemma

An empty teacher's desk is seen at the front of an empty classroom at Magee Secondary School in Vancouver on Friday. Schools will remain empty like this one this week as the ongoing teachers' strike continues into its second week of the new school year. JONATHAN HAYWARD/THE CANADIAN PRESS

Election 2015

NDP to unveil platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP's election platform — a full year before the next scheduled federal vote.

The NDP leader says he'll be unveiling "some very concrete" proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper's ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau took the helm 18 months ago.

They're gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau's refusal to be nailed down on important policy questions — will outweigh the disadvantages. THE CANADIAN PRESS

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Rabies scare. China culls thousands of dogs

Chinese authorities killed almost 5,000 dogs in one city after blaming five human deaths on rabies, the official Xinhua News Agency reported Sunday.

The city of Baoshan in southwestern Yunnan province killed 4,900 dogs and vaccinated another 100,000 in its anti-rabies campaign, Xinhua said.

The city issued an urgent order calling for authorities to tightly regulate dogs and kill stray ones.

Chinese governments often order such widespread dog culls or ban dog ownership to control the spread of rabies.

That has sparked outcry from some dog owners and animal rights activists who call for sterilizing and vaccinating dogs rather than killing them.

In 2009, authorities in the northern city of Hanzhong reportedly killed about 37,000 dogs after a rabies outbreak, including clubbing some of the animals to death.

THE ASSOCIATED PRESS

Israel

Prostitution for redemption?

Police say they have uncovered a messianic Jewish sect that prostituted women to "save Israel."

Police said officers arrested two men and two women on suspicion of coercing women into having sex with non-Jews and exploiting them sexually by making them addicted to drugs and alcohol. The reasoning behind the plot was "to save the people of Israel and bring redemption nearer."

Police say the four suspects, two men and two women, were part of a messianic sect. An investigation revealed they were brainwashing the women into believing they were helping the Jewish people by having sex with non-Jews while pocketing the money for themselves.

THE ASSOCIATED PRESS

Ukrainian artillery sparks blazes in rebel-held village

Pro-Russian rebels sit in their car with a heavy machine-gun on Sunday in Donetsk, eastern Ukraine. SERGEI GRITS/THE ASSOCIATED PRESS

Violence continues. Two-day-old truce widely ignored in eastern Ukraine

Shelling and other clashes between government forces and Russian-backed separatists threw the ceasefire agreement in eastern Ukraine into deepening peril Sunday, two days after it took hold.

At least two houses hit by artillery fire blazed in the rural village of Spartak, which lies just north of the main rebel-held city of Donetsk and adjacent to the airport.

Civil war

"There is no ceasefire for anyone."

"Khokhol," Ukrainian pro-Russian rebel fighter who gave only his nom de guerre, on continued violence outside the rebel-hold city of Donetsk

A man whose house was struck by a shell said rebels had fired from a spot nearby, and that apparently provoked a retaliatory attack from Ukrainian government troops.

A group of rebel fighters in the village danced and drank Sunday morning in celebration after what they said was a successful assault on a Ukrainian military encampment.

The truce — signed on Friday by Ukraine, Russia and the rebels after five months of fighting that killed at least 2,600 civilians and forced hundreds of thousands from their homes — was shattered late Saturday by shelling on the outskirts of the coastal town of Mariupol. The city council said Sunday that one civilian was killed and a serviceman wounded.

The rebels opened a new front on the coast in what many Ukrainians fear is an attempt to secure a land corridor between Russia and the Crimean Peninsula, which Russia annexed in March. THE ASSOCIATED PRESS

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Joan Rivers laid to rest in New York City

Melissa Rivers and her son Cooper Endicott walk to a waiting car after the funeral service for comedian Joan Rivers in New York on Sunday. Rivers died Thursday at 81. CRAIG RUTTLE/THE ASSOCIATED PRESS

U.K. may offer Scots more fiscal autonomy

The British government plans to offer Scotland more financial autonomy as polls predict a very close vote in the referendum on Scottish independence.

Chancellor George Osborne said Sunday the British government is finalizing plans to give Scotland greater fiscal and tax autonomy and plans to unveil their proposals in the coming days as the "Yes" movement is gaining momentum in Scotland. This surge comes despite Britain's warnings of possible pitfalls, such as not being able to use the British pound.

Scottish Deputy First Minister Nicola Sturgeon said if Britain was serious about giving Scotland more powers they would have acted sooner and not two weeks before the referendum. THE ASSOCIATED PRESS

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Should you double-double down on Tim Hortons stock?

HOW TO ROLL
Alison Griffiths
metronews.ca

OK, so you are boo-hooing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it?

A year ago Tim's was a $50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radars. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. Fast food is out and fast service or quick service is in. Ordering with your bum in a chair likely puts the restaurant in the fast casual category. Standing while ordering denotes fast service fare. Somehow that moniker seems a little less calorie- and sodium-laden than fast food.

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such as higher-quality breads and buns (thanks Panera Bread Co.!) and salads with chi-chi ingredients like cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale.

So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

A Tim Hortons restaurant in front of the company's corporate headquarters in Oakville, Ont. AARON VINCENT ELKAIM/GETTY IMAGES

Timeline

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- **$33** – March 2006 closing price, first day of trading.
- **$27** – November 2008, lowest price.
- **$89.22** – Sept. 2, 2014, highest price.

Are yoga pants the new jeans?

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business. The company's Knit Jeans, pictured, are made of stretch cotton knit to look like jeans but feel like sweatpants, and cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading.

COURTESY LEVI STRAUSS/THE ASSOCIATED PRESS

Mobilicity

U.S. backer sues feds for $1.2B

A financial backer of wireless startup Mobilicity is suing the federal government, seeking $1.2 billion in damages for breaking assurances that Industry Canada officials allegedly made. Quadrangle Group claims backers were assured Mobilicity would be able to transfer wireless spectrum to one of the big networks after five years. **THE CANADIAN PRESS**

TV delivery system

CRTC begins public hearings

The Canadian Radio-television and Telecommunications Commission begins a two-week public hearing in Gatineau, Que., today into proposals that could change how Canadians receive and pay for TV service. The proposals include requiring cable and satellite providers to offer a basic service made up primarily of local channels. **THE CANADIAN PRESS**

Alibaba Group

E-commerce firm eyes IPO record

China's Alibaba Group is seeking to raise up to $24.3 billion US in its upcoming IPO, an amount that would be the most ever raised by a company heading into its stock market debut. The e-commerce company, which Jack Ma started 15 years ago in his apartment, is hoping to sell up to 368 million shares for $66 apiece. **THE ASSOCIATED PRESS**

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IS JUDY WINNIPEG'S NEXT SAM?

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Could Judy Wasylycia-Leis be the next Sam Katz?

On the surface, the question seems ridiculous. The two come from opposite ends of the political spectrum — Wasylycia-Leis is tied to labour while Katz is linked with business — and they went at it tooth and nail in the 2010 election campaign.

But for a woman who is so critical of Katz's leadership, Wasylycia-Leis seems awfully committed to sticking with many of the policies adopted during his administration.

On property tax increases, infrastructure funding, policing, urban planning, rapid transit and even business taxes, her campaign pledges have been to largely maintain the status quo.

The only real new proposals she has made so far are to open a 24-hour community centre in the north end, provide city grants to young entrepreneurs, and to establish a new accountability office.

That's mostly small potatoes coming from a candidate who has essentially been running for mayor for the past four years.

In some ways, it's a classic frontrunner's strategy: Don't say too much; don't rock the boat; just play it safe and cruise to election day.

But Wasylycia-Leis runs the risk of being too far out front, too early in the campaign. And the more it appears she could be sitting in the mayor's office after Oct. 22, the more scrutiny her platform is going to get from the media and voters.

And here's where another similarity with Katz pops up. When it comes to the details of city budgeting or even specifics on her own proposals, Wasylycia-Leis doesn't seem to have a depth of knowledge.

At a disastrous news conference last week, she was asked by reporters how she plans to find $20 million per year in financing costs to pay for the completion of the bus rapid transit to the University of Manitoba.

Scary stuff

If the election was held tomorrow, Wasylycia-Leis would likely be our new mayor. Yet she can't answer basic and fair questions on one of the biggest issues facing the city. That's alarming.

After trying to avoid the question, she offered several vague thoughts before reluctantly saying she'd offer a more detailed finance plan later in the campaign.

If the election was held tomorrow, Wasylycia-Leis would likely be our new mayor. Yet she can't answer basic and fair questions on one of the biggest issues facing the city. That's alarming.

Like every other candidate in the race, Wasylycia-Leis has said the status quo is unacceptable at city hall. However, she has a lot of work to do to convince the public her approach to policy and loose grasp on details won't be just more of the same.

WE ACT:
CANADA DOES GOOD
Toronto educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Marcella Porretta, educator, motivator and hug-giver, Toronto
What: Encouraging youth to volunteer and get involved in their community.
Why: To help young people find a passion and set them on a positive path.

Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

What inspired you to get started? I ended up meeting with a former student of mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

Quoted

"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."
Marcella Porretta, on why she volunteers

What motivates you to continue the work you do every day? I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.

CRAIG AND MARC KIELBURGER

MetroTube

Behold, Internet! It's the mighty spider dog

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)

ISTOCK

Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

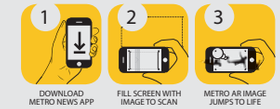
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 18 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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SCENE 2

Ebooks

Now

By. Lauren Bacall

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

Box office

Guardians still top movie in galaxy

Guardians of the Galaxy continues to rule the box office universe. It took first place at the box office for a fourth weekend with $10.2 million, according to studio estimates Sunday. Teenage Mutant Ninja Turtles sliced off second place in its fifth weekend with $6.5 million. If I Stay starring Chloe Grace Moretz took third place in its third weekend with $5.7 million.

THE ASSOCIATED PRESS

Straddling the world of television and film

Ray Donovan. Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too

NED EHRBAR
Metro World News in Hollywood

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schrieber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the nature of television.

metro AR Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club.

CONTRIBUTED

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and layered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to sell it," he says.

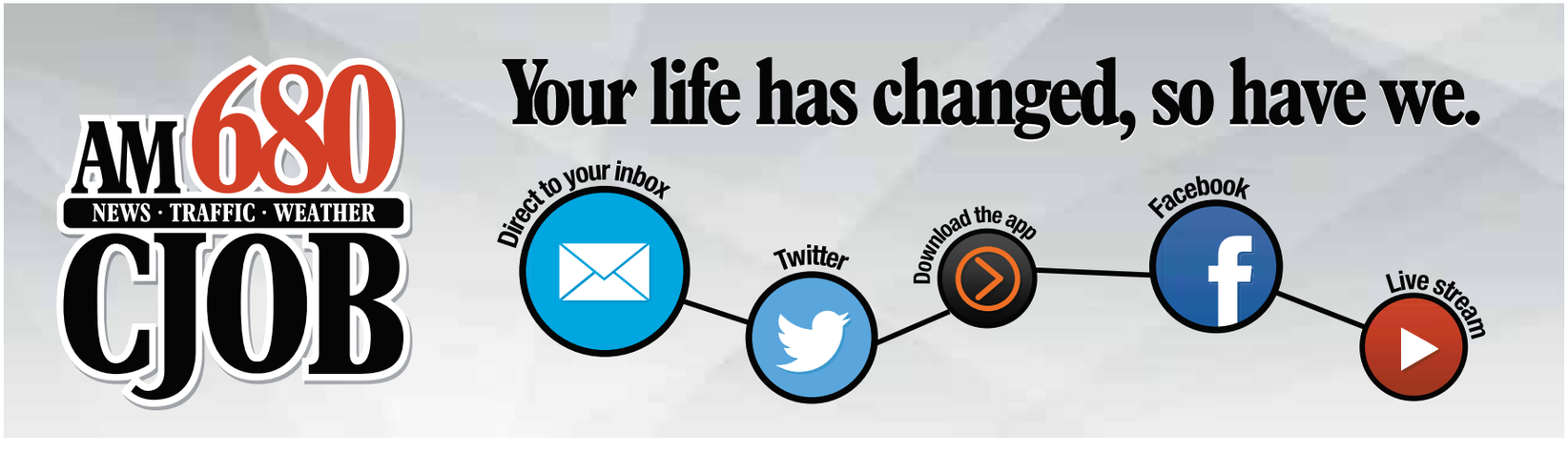
"It's a really dark comedy, and it could go to places like Amazon or Netflix. It's pretty racy language, but there are all these outlets for that now. We just made it ourselves, and we're going to shop it. You could never do that before."

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's Somnia — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule. And he's still got a few items on his wish list.

"You know what I want to do? I want to shoot a movie in Europe. I've never done that. You'd think that would've happened by now," he says.

"I mean, I'd love to be the lead and work every day, but if I didn't have to, it would be great to have those days off so you can just take day trips to other places that you haven't been.

"It's like, 'Let's just bounce to Morocco for a couple of days,' and it's like going to Florida."



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sad week for Mark, Justin, and sexy pairs of stars/geckos

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg

This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost $1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

A. Wrangling a steer?

B. The victim of a Lego castle collapse?

C. Still distraught over the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Antonio Banderas

Dutch fling pre-dates split with Melanie

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that the two were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source says. "Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer, and I think he was hoping to keep it under wraps until the end of the divorce."

Rock 'n' roll is dead, and Gene says it's our fault

Gene Simmons

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support musicians like they used to.

Shame on us.

Awkward making music instead of babies

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The singer was worried that she and Rossdale would clash over musical styles and tastes.

iTunes FESTIVAL LONDON

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September 26

KYLIE
September 27

ED SHEERAN
September 29

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Buying away the blues?

Emotional purchases. If you're spending when you're sad or in need of an emotional boost, you have a problem

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has $1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent $214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to.

"My university roommate is coming to town for this so I have got to look good."

She not only had a spa day, she dropped $370 on a new dress and $200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper.

Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have the $214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale.

If you see something you really like, take a picture with your phone and walk away. If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully. Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

Study. Heart disease risk

A seven-year study involving nearly half a million subjects concludes that daily fruit consumption cuts the risk of developing cardiovascular disease (CVD) by 40 per cent.

Participants, said Dr. Huaidong Du from Oxford, U.K., had no history of CVD and were not taking medication for hypertension.

Overall risk of CVD was reduced by 25 to 40 per cent for those who ate fruit daily. Daily fruit consumption was associated with a 3.4 mmHg lower systolic blood pressure and a 4.1 mmHg lower diastolic blood pressure by comparison to fruit abstainers. AFP

Eating fruit lowers blood pressure, according to the study. AFP

Food safety device

Smart chopsticks

Baidu, China's biggest search engine, is investing in developing smart chopsticks that act as a food safety device. Connecting wirelessly to a smartphone or desktop app, when the chopsticks come into contact with an oil or water that is tainted, the app warns that the food is bad. If no toxins or impurities are detected, the app sounds the all-clear. AFP

Body odour. Turn to cotton

A study conducted confirms polyester attracts and captures odour-causing bacteria more than cotton, making polyester clothes smell worse than cotton clothing after exercise.

First author Chris Callewaert of Ghent University in Belgium asked 26 athletes to hand in their shirts after an intensive hour-long spinning class. Half of the shirts were cotton and half were polyester.

The culprit is micrococci, according to Callewaert, and these take up residence in polyester in significantly greater quantities than cotton.

Odour-causing corynebacteria are produced in the armpits and Callewaert says they fail to grow on all textiles, even polyester. He cautions against over-using antiperspirant because this can actually encourage their conglomeration on the skin.

Staphylococci inhabit axillary skin and adjacent textiles, although the odour they create is normal and non-malodorous, according to Callewaert. AFP

For the sake of your new roomie get acquainted with a broomie

A messy dorm room survival guide. Do you really want to go down in campus history as the guy who used a pizza box as a pillow?

LAKSHMI GANDHI
Metro World News

If you were to ask the average person to close his or her eyes and picture a stereotypical college dorm room, the words "neat and organized" probably aren't the first things that come to mind. But given that many incoming college students are going to be living with roommates for the next four years, a conversation about cleaning is in order.

"The first thing you have to accept is that you can't control other people's behaviour," says Jolie Kerr, the author of My Boyfriend Barfed in My Handbag — And Other Things You Can't Ask Martha. She shares these tips on how to share a living space.

Be the person you want to live with

"Set an example," says Kerr, noting that picking up after yourself should be part of your daily routine. "You come from a better position if you're walking the walk." It's also important to remember that not everyone has the same definition of the words "clean" or "messy." Some people simply don't mind having a pile of clothes on the floor.

Focus on the mess

"Try not to make it personal," says Kerr. "If you have a roommate who leaves food around, it's important to say, 'That bowl of half-eaten cereal is gross' — not 'You are gross.'"

Make your bed every day

"Dorm rooms are so small, so it's especially important to make the bed," Kerr notes. A good way to get into a bed-making routine is to do it at the same time every day. "It could be right after you get up or right after you shower," she suggests.

Set aside a few minutes a day to get organized

With schoolwork, exams and part-time jobs thrown into the mix, making time to clean can be difficult. "Just take 15 minutes to pick up after yourself," says Kerr. "Before I sat down to study, I needed to tidy my space."

Know when to go up the chain

It's important to talk to your roommate directly before involving your resident adviser or formally requesting a room change. Kerr says that if things continue even after mentioning it twice, it's time to take sterner action. "If your roommate is doing things like leaving food around or leaving used condoms on the floor, go to the RA and say, 'I've spoken to Joe or Jane and nothing has changed.' Having used condoms in the room is unacceptable."

It may be time to take your new friend aside and talk to him or her about their unfortunate habits. ISTOCK

Post-secondary 101

The dos of sharing a dorm room

Freshman year is full of major adjustments for most students, and one of the biggest ones of all is having to share a dorm room with a virtual stranger for the entirety of the school year.

While it may seem like everyone becomes best friends with their roommates, the reality is much more complicated than that.

We reached out to Priya Krishna, a recent Dartmouth College grad and the author of the book Ultimate Dining Hall Hacks: Create Extraordinary Dishes from the Ordinary Ingredients in Your College Meal Plan.

She encourages all roommates to do the following:

1. Invest in earplugs — you never know if your roommate snores until they snore.

2. Outline clear rules as they pertain to sharing food/clothes.

3. Establish a schedule for lights out and turning off music at night.

4. Don't be messy — unless you both want to be, in which case, good luck.

5. Let your roommate know when you want to have people over, and make sure it's OK with them.

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A little cheesy, but not processed

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Inspired Lunches Week. Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. Sauté corn in skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place corn in a bowl along with avocado, jalapeno, red onion, salt and pepper, lemon juice and olive oil.

3. Place salsa over 4 slices of bread along with the lobster and cheese. Place the other bread slices overtop. Brush reduced-fat mayonnaise over the outside of the bread slices.

4. Grill sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1
- cm thick)

6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)

- 1 cup grated Havarti cheese
- 2 tbsp reduced-fat mayonnaise

Powerhouse of antioxidants

This recipe serves six. MARK SHAPIRO

1. Preheat oven to 425 F. Spray a baking sheet with vegetable spray.

2. Place the sweet potato, red pepper, zucchini, onion, mushroom and garlic on the prepared baking sheet, and spray with vegetable spray. Bake until the vegetables are lightly charred, about 25 to 30 minutes, turning once during cooking, after about 20 minutes. Gently peel the skin from the garlic.

3. To make the dressing, in a small bowl, whisk together the oil, vinegar, honey, salt and pepper.

4. Slice the zucchini, onion slices and mushrooms in half to make 6 pieces. To make the towers, place the sweet potato on the bottom, then add the red pepper, zucchini, onion and mushrooms, and top with garlic cloves. Garnish with basil and drizzle the dressing over it.

SECRETS FOR PERMANENT WEIGHT LOSS (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 small sweet potato, cut into 6 horizontal 1/2-inch thick slices (skin on)
- 1 large red bell pepper, seeded, cored and cut into 6 wedges
- 1 medium zucchini, cut length wise in 3 slices
- 3 horizontal slices of a large onion, 1/2-inch thick
- 3 medium Portobello mushrooms
- 6 large cloves of garlic, skin on, wrapped in foil

Dressing

- 5 tsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp liquid honey
- 1/8 tsp salt
- 1/8 tsp ground black pepper

Garnish

- 1/4 cup chopped fresh basil or parsley

Goldeyes

Saltdogs force decisive Game 5

With a chance to win their American Association Divisional Series, the Winnipeg Goldeyes had no trouble getting hits. It was the timely hits that eluded them.

The Goldeyes lost 9-2 to the Lincoln Saltdogs in Game 4 of their AADS before 1,331 fans at Haymarket Park in Lincoln, Neb.

Winnipeg outhit Lincoln 14-13 in the defeat and stranded 12 base runners.

The deciding Game 5 of the best-of-five series goes Monday night in Lincoln. In a rematch of Game 1, Winnipeg will send Chris Salamida to the mound while Lincoln will counter with Joe Bisenius.

The game can be heard on Jewel 101 (100.7 FM), beginning with the pregame show at 5:30 p.m. First pitch is scheduled for 6:05 p.m. **WINNIPEG GOLDEYES**

CFL

Rodgers' return leads Als to win

James Rodgers' 82-yard punt return touchdown helped rally the Montreal Alouettes to a 38-31 win over the Hamilton Tiger-Cats at Percival Molson Stadium on Sunday afternoon.

Rodgers' return broke a 24-24 tie as Montreal (3-7) earned its second straight win to move into a tie with idle Toronto atop the East Division.

Hamilton's Zach Collaros was 30 of 43 passing for 345 yards and two TDs. **THE CANADIAN PRESS**

Blue Bombers drop ball against Riders

Banjo Bowl. Defending Grey Cup champs sweep season series but lose QB to injury

The Blue Bombers' Clarence Denmark can't bring in a pass as he's covered by the Roughriders' Terrell Maze at Investors Group Field on Sunday. TREVOR HAGAN/THE CANADIAN PRESS

Weston Dressler was feeling pretty pumped after scoring a 75-yard touchdown on a second-quarter punt return in the Saskatchewan Roughriders' 30-24 win over the Blue Bombers on Sunday.

It didn't last long.

The veteran receiver, who just re-signed with the club last month and was playing his second game, held his breath when he saw quarterback Darian Durant writhing in pain after taking a hit 5:38 in the third quarter.

"Your heart just sinks," said Dressler, who re-signed after being cut by the NFL Kansas City Chiefs.

"You never want to see a guy go down on the field, especially a guy like him. He's our leader. He's our guy. He's our man that we follow."

Durant left the game holding his right throwing arm after being knocked to the turf by Bombers defensive end Bryant Turner.

Early reports said it's an elbow injury, which isn't good news for the defending Grey Cup champions, who moved into second place in the CFL West Division with their seventh straight victory and 8-2 record.

Winnipeg (6-5), which has lost four of its last five games, had led 7-1 after the first quarter before the Riders exploded, outscoring the Bombers 26-1 in the second, including 17 points in a four-minute span.

Bombers quarterback Drew Willy attempted his fifth late-game comeback of the season, hitting Aaron Kelly with a 29-yard TD pass with 2:27 left in the game to make it 30-24.

Riders fullback Jerome Messam then carried the ball and fumbled, with Bombers defensive back Maurice Leggett picking it up and breathing new life into the Bombers at Saskatchewan's 45-yard line with 1:36 left.

The joy was brief as Willy's next throw was intercepted by Williams with 1:26 remaining.

Willy said he wished he had that throw back, but there was some positive in the team battling to the whistle.

"The low obviously is the loss. Any time you lose a game, it stings, but we just need to look at the corrections, get better," Willy said.

Willy completed 26 of 38 pass attempts for 360 yards with two interceptions and two TDs.

The victory gave the Riders a three-game sweep of the Bombers this season, following a 23-17 win in Winnipeg on Aug. 7 and a 35-30 victory last weekend in the Labour Day Classic game.

THE CANADIAN PRESS

Banjo Bowl

Roughriders	Blue Bombers
30	24

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News worth sharing.

That makes No. 18

Serena Williams celebrates with the championship trophy after defeating Caroline Wozniacki in the women's singles final of the U.S. Open on Sunday in New York. Williams won 6-3, 6-3. It was Williams' third consecutive U.S. Open title and 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth-most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend.

MATTHEW STOCKMAN/GETTY IMAGES

metro AR

Horschel stays cool in BMW win

Well set up. Winner at Cherry Hills now sits at a comfortable second for the FedEx Cup title

The bad swing a week ago is a distant memory. The blown lead Sunday? That wasn't enough to derail Billy Horschel, either.

Horschel let a three-shot lead drop to nothing early in the final round of the BMW Championship before rebounding for a two-stroke victory over Bubba Watson. Horschel shot a 1-under 69 and finished at 14-under 266 to put himself in prime position for the FedEx Cup title and its $10-million bonus at the Tour Championship next week.

"If I were a betting man, I'd put some money on me," said Horschel, who made $1.44 million for his second career PGA Tour victory.

Billy Horschel

GETTY IMAGES

Weyburn, Sask.'s Graham DeLaet shot a 2-under 68 and finished in 11th spot.

Horschel heads into the final week of the playoff chase in second place in the points standings thanks to the victory and his tie for second a week ago, when he chunked a 6-iron well short on the final hole at TPC Boston, squandering a chance to win or force extra holes with playoff leader Chris Kirk.

This time, nursing a two-shot lead, the 27-year-old from Grant, Fla., smoothed a 9-iron into the middle of the 18th green and the only drama was whether he'd have time for a quick pit stop before he had to putt. Horschel sprinted up the fairway, ducked under the ropes and was back in plenty of time to two-putt and close out the victory.

THE ASSOCIATED PRESS

Web.com Tour. Canada's Hadwin takes the Chiquita Classic, moves to second

Adam Hadwin won the Chiquita Classic on Sunday to jump from fourth to second on the Web.com Tour money list after the second of four events in the Web.com Tour Finals.

The 26-year-old Canadian, the Chile Classic winner in March, closed with a 4-under 68 for a two-stroke victory over John Peterson. Hadwin finished at 18-under 270 at River Run.

"I was nervous the whole day," Hadwin said. "I just trusted my golf swing, trusted the shots that I saw and stayed aggressive."

The former Louisville player earned $180,000 to push his season total to $473,667. He wrapped a PGA Tour card with his fourth-place finish on the regular-season money list and is competing with the other top-25 players for PGA Tour priority, with regular-season earnings counting in their totals and the final leader getting a spot in The Players Championship.

THE ASSOCIATED PRESS

NFL

Dolphins thrash Patriots in opener

Knowshon Moreno rushed for 134 yards and a touchdown, Ryan Tannehill threw for two scores and the Miami Dolphins overpowered New England after halftime on the way to a 33-20 win over the Patriots on Sunday.

The Dolphins outscored New England 23-0 in the second half.

It was New England's first loss in an opener since 2003, and marks the first time the Patriots will not be at least tied for the AFC East lead since Week 3 of 2012.

THE ASSOCIATED PRESS

NFL

Falcons edge Saints in a thriller

Matt Bryant kicked a 51-yard field goal on the final play of regulation, then booted a 52-yarder in overtime to give the Atlanta Falcons a 37-34 victory over the New Orleans Saints.

In another thriller between the NFC South rivals Sunday, Matt Ryan threw for a franchise-record 448 yards, leading the Falcons to just their fourth victory over the Saints in the last 17 meetings. This one was particularly sweet for Atlanta coming off a miserable 4-12 season, its first losing campaign since 2007.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

♉ Taurus
April 21 - May 21
According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

♊ Gemini
May 22 - June 21
You have friends in high places and you must make better use of them. There is no reason you should miss out on good things because you think it is wrong to give yourself an advantage.

♋ Cancer
June 22 - July 23
A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

♌ Leo
July 24 - Aug. 23
You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

♍ Virgo
Aug. 24 - Sept. 23
The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

♏ Scorpio
Oct. 24 - Nov. 22
A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

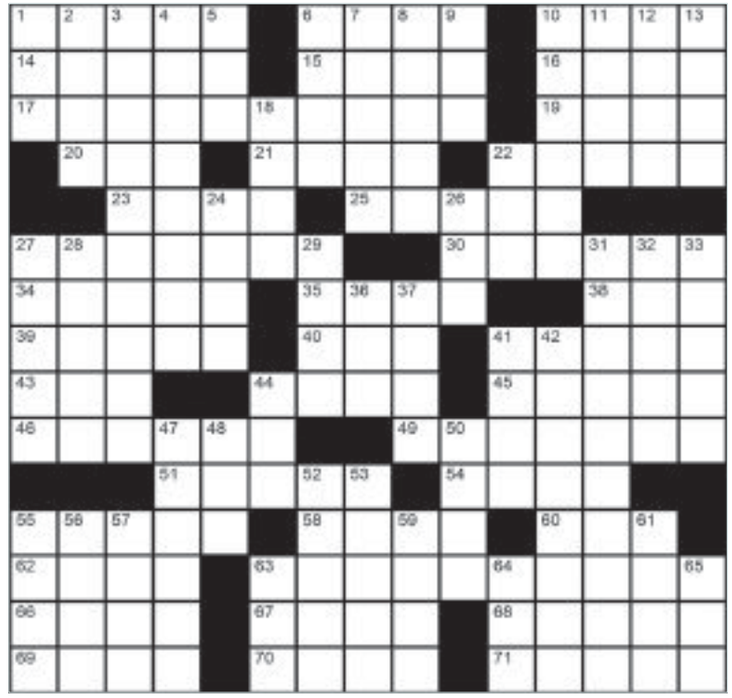
♐ Sagittarius
Nov. 23 - Dec. 21
Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

♑ Capricorn
Dec. 22 - Jan. 20
Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

♒ Aquarius
Jan. 21 - Feb. 19
It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

♓ Pisces
Feb. 20 - March 20
You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "__ Louise!"
20. Actor, Hakeem __-Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount __ Cavell
27. "Peace Train" by Cat __
30. Toronto punk band, __ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
43. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chanteuse, Julie __
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, __-Pekka Salonen
62. International oil gr.
63. Purchaser of Tim Hortons, as in recent business headlines: 2 wds.
66. Regarding: 2 wds.
67. ___ extra cost
68. Kellie Martin's role on early-'90s series "Life Goes On"
69. The Spinners' "Could It __ Falling in Love": 2 wds.
70. "Yoo-hoo..."
71. Tattooed

Down
1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. __-__ (The deal at #63-Across)
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great __
5. Between R-and-Y keyboard letter x 3
6. Flee
7. Dark-to-lighter highlights
8. Tim Hortons __ (New Hamilton stadium)
9. Televise
10. Fort __. __ (Northeastern BC city)
11. Stead
12. Pub orders
13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your __ __ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "__. Miniver" (1942)
47. _ _ _.__ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece __": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "_ __ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

Friday's Crossword

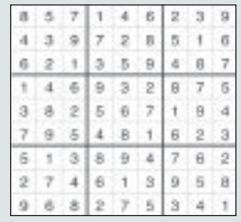
Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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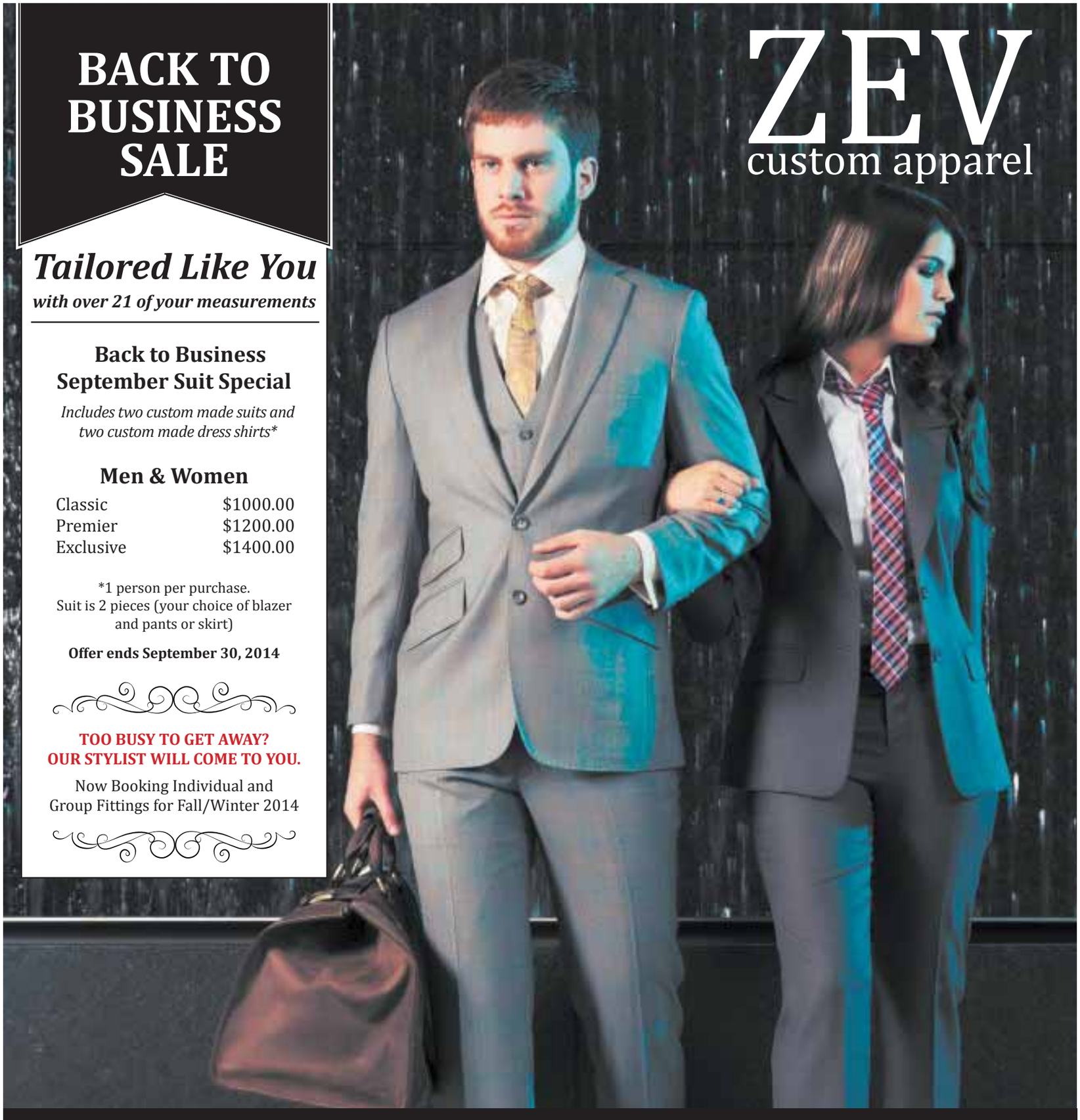

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